AMENDMENTS TO THE CLAIMS

Claim 1 (**currently amended**): A method of avoiding health problems in an individual at risk thereof due to excess body weight and/or an excess of body fat, the individual suffering from at least Grade I obesity, comprising in combination during a period of time:

(a) administering to the individual one or more servings of a dairy product comprising a sufficient amount of dietary calcium of at least about 773 mg per day to induce weight loss, reduce weight gain, and/or increase the metabolic consumption of adipose tissue in the individual ~~a metabolic change as compared to suboptimal amounts of calcium~~, and

(b) maintaining the individual on a restricted caloric diet below ad lib in a range of about 200 kcal to about 2500 kcal per day,

wherein the individual is a woman the one or more servings is at least about 57 servings of dairy per month.

Claim 2 (**currently amended**): The method of claim 1, wherein the method induces weight loss and/or reduces ~~prevents~~ weight gain.

Claim 3 (original): The method of claim 1, wherein the health problem is selected from the group consisting of one or more of coronary artery disease, stroke, and diabetes.

Claim 4 (original): The method of claim 1, wherein the calcium is administered daily over a period of at least about six weeks, in an amount of at least about 1000 mg/day of dietary calcium.

Claim 5 (withdrawn): The method of claim 1, wherein the health problem is selected from the group consisting of one or more of osteoarthritis, ligament injuries, perineal dermatitis, diabetes mellitus, cardiomyopathy, and urologic syndrome.

Claim 6 (original): The method of claim 1, wherein the individual is a human.

Claim 7 (**currently amended**): A method of reducing risk of coronary artery disease, stroke, osteoarthritis, ligament injuries, perineal dermatitis, diabetes mellitus, cardiomyopathy, and/or urologic syndrome in an individual at risk thereof due to excess body weight and/or an excess of body fat, wherein the individual is a woman suffering from at least Grade I obesity,

comprising in combination:

(a) administering to the individual on a daily basis one or more servings of dairy products comprising calcium in an amount of 773 mg of calcium per day and at least about 57 portions per month of dairy products to induce weight loss, reduce weight gain, and/or increase the metabolic consumption of adipose tissue in the individual, and

(b) maintaining the individual on a restricted caloric diet below ad lib in the range of about 200 kcal to about 2500 kcal per day.

Claim 8 (**cancelled**): ~~The method of claim 1, wherein the dietary calcium is administered daily.~~

Claim 9 (**cancelled**): ~~The method of claim 1, wherein the individual is a non-human mammal.~~

Claim 10 (original): The method of claim 1, comprising increasing the dietary calcium consumption of the individual and maintaining the increased dietary calcium over a period sufficient to decrease intracellular calcium concentrations in adipocytes, stimulate lipolysis, inhibit lipogenesis, increase expression of white adipose tissue uncoupling protein 2 (UCP2), reduce serum insulin levels, increase thermogenesis, and/or decrease levels of calcitrophic hormones.

Claim 11 (**currently amended**): A method of reducing risk of health problems in an individual at risk thereof due to excess body weight and/or an excess of body fat, the individual suffering from at least Grade I obesity,

comprising in combination during a period of time:

(a) administering one or more servings of a dairy product comprising a sufficient amount of dietary calcium of at least about 773 mg per day ~~in a calcium-containing product or dairy~~ effective to decrease intracellular calcium concentrations in adipocytes, stimulate lipolysis, inhibit lipogenesis, increase expression of white adipose tissue uncoupling protein 2 (UCP2), reduce serum insulin levels, increase thermogenesis, and/or decrease levels of calcitrophic hormones, and thereby induce weight loss, reduce weight gain, and/or increase the metabolic consumption of adipose tissue in the individual,

(b) maintaining the individual on a restricted caloric diet below ad lib in the range of about 200 kcal to about 2500 kcal per day,

wherein the individual is a woman and the one or more servings comprises at least about 57 servings of dairy per month.

Claim 12 (withdrawn): A method of reducing risk of diabetes in an individual at risk comprising administering to the individual a sufficient amount of dietary calcium to reduce serum insulin levels, the amount being at least about 1000 mg/day.

Claim 13 (withdrawn): A method of reducing risk of diabetes in an individual at risk comprising administering to the individual a sufficient amount of dairy products to reduce serum insulin levels, the amount being at least about 57 portions per month.

Claim 14 (**currently amended**): A method of reducing risk of coronary artery diseases, stroke, and/or diabetes in an individual at risk thereof due to excess body weight and/or an excess of body fat, the individual suffering from at least Grade I obesity,

comprising in combination:

(a) increasing the dietary calcium consumption of the individual to at least about 773 mg per day and maintaining the increased dietary calcium over a period sufficient to decrease intracellular calcium concentrations in adipocytes, stimulate lipolysis, inhibit lipogenesis, increase expression of white adipose tissue uncoupling protein 2 (UCP2), reduce serum insulin levels, increase

thermogenesis, and/or decrease levels of calcitrophic hormones, and thereby induce weight loss, reduce weight gain, and/or increase the metabolic consumption of adipose tissue in the individual,

(b) maintaining the individual on a restricted caloric diet below ad lib in a range of about 200 kcal to about 2500 kcal per day,

wherein the individual is a woman and the dietary calcium is contained in one or more servings of dairy products comprising at least about 57 servings of dairy per month.

Claim 15 (withdrawn): The method of claim 14, comprising reducing serum insulin levels.